Preamble
Assuming you came from the reddit post, you have already read my preamble, but in case you have not, here it is:

I had surgery 3 months ago.

I have written up a small document detailing my experiences with Dr Littleton in Brazil in order to inform people on the process of undergoing surgery with him. I am intersex (DSD) and this has heavily influenced my experience with surgery. Still, there is involvement of jejunum grafting and some labial work, so I believe this may provide a greater understanding of what getting vaginal surgery (including SRS) with Littleton involves.

I have not attached photos of my results. They will not be meaningful in gauging his results, and I do not want to mislead people as to what they may or may not expect. I will still discuss some aspects of this in the document.

My surgery was in early June, and this document was finalised on 4/10/2025. This means I have been recovering for about 4 months at this point. I have not fully completed the process of recovery, but I have made it to a point where I am comfortable fully commenting on the difficulties of undergoing the surgery. I am under the age of 20. I live in Australia.

Getting the date
Honestly, this was an extremely miserable experience. I will say Leticia is lovely, and extremely kind, but it feels like she has simply too much work to do for one person.

I first reached out in February, and received a response within 6 hours. They requested some information, and then I was responded to within 24 hours. A week later I was asked to call them, and then I called them to be told to wire them 120 usd for the consult. I did this, and then my consultation was about a month later. Notably, I requested a cancellation if they had one and my consultation was moved up about a week. In this time period, I had no qualms about communication, since a week or two to reply to non urgent communication is quite acceptable.

Did everything, did the consult and we discussed my anatomical concerns. I had photos and diagrams. Not sure if this will be helpful to you if you are getting srs, which seems quite ‘standard’ in a sense. We also could communicate quite effectively in regards to the medicine, as he has strong english in terms of medical terminology, which I am quite well versed in.

Then, I was sent a quote and made to pay a deposit of about 20%. This was an entirely different price for me relative to SRS, so I will not be including the numbers, though my hospital fee was about 4000 USD. I then received an estimate of about March 2026. This was in late March, but I did not have availability in March (I wanted a June date) and I asked to be shifted to June 2026.

Radio. Silence.

I did not receive another email from them until mid may. During this time, I called them to check and ask and was told to wait several times. I (VERY IMPORTANT) did ask for cancellation dates, and it was made clear to me that I was on the list.

Extremely luckily, in the first week of May I was called and offered a date that worked for me in June 2025. Honestly I cried a lot when I got it. Financially it was a burden, but I was able to get a loan that enabled me to afford the surgery. I will say, the process of preparing for the date is clearly not meant to be done in under a month, and I have some qualms about it I will address

Preoperative Bureaucracy

Quite obviously, SRS has a lot of requirements for you to get. When I spoke to Leticia, I was told there is no law in Brazil that motivates (specifically the psychiatric) requirements for an intersex individual, but that they would like me to complete them to the best of my ability. I assume this is to protect them from liability, and honestly it is likely a good move to screen someone who is young and getting major surgery.

The first thing asked was:

2. Submission of Updated Medical Information

Deadline: 14th of May 2025

Provide the following information:

- What is your current weight?
- What is your height?
- Do you have any existing or past medical conditions or health problems? If yes, which ones?
- Do you have any allergies? If yes, which ones?
- Do you take any medications? If yes, which ones?
- Do you take any supplements? If yes, which ones?
- Do you use legal or illegal substances? If yes, which ones?
- Do you drink alcohol? If yes, how often?
- Do you use nicotine (smoke, transdermal, vape, intraoral and etc)? If yes, what type and how often?

- Have you had any other surgeries or procedures? If yes, which ones?

- Do you use hormones or blockers? If yes, which ones? Also inform if its oral, injectable, transdermal or implant.

These are extremely standard questions. Very importantly, I did not have to cease hormones in any way since I do not take HRT. They did send me the info for it, which was cessation of hormones 40 days before your surgical date. Funnily enough, it would have been impossible for me to cease the theoretical hormones on time since I had under 40 days until the date.

You will also be asked for the following

Endocrinological and Psychiatric Reports

Deadline: 27th of May 2025
You must present the **Endocrinological and Psychiatric** by the specified deadline.
The Endocrinological report must be done by the doctor who prescribes or monitors your hormones (Endocrinologist, GP or family doctor).
The Psychiatric report must be done by a psychiatrist.
Each report must include the following details:

- Official letterhead of the healthcare professional or institution
- Patient identification details
- Diagnosis
- Description of ongoing treatment
- Reference to the planned genital surgery in the conclusion
- Signature and complete contact information of the healthcare professional

To ensure your preparedness for the upcoming surgery, please complete the following examinations and submit the results by the deadline outlined above. The requests are attached to this email.

Examinations Required:

- **Blood Tests**

- **Chest X-Ray**

- **Electrocardiogram**

- **Medical Fitness Report:**
You are required to obtain a **Medical Fitness Report** assessing your overall health status and any risk factors related to surgery. The physician performing this evaluation must review these test results as part of their assessment. This report must be signed by a licensed physician. Reports provided by other healthcare professionals, such as nurses or physical therapists, are not valid for this purpose. If you do not have access to a doctor who can provide this report, please let us know, and we will assist you.

- **Additional Tests:** Depending on your medical circumstances, further blood tests, along with a RT PCR or rapid COVID-19 test, may be necessary as you near the surgery date.

Now, clearly there are fairly significant issues here. Getting an electrocardiogram in under a month is not always easy (though I could easily get one). My endocrinological report and medical fitness report were completed by my GP, and it was not very difficult thankfully. The psychiatric report was devastating. Basically, across the entire world, it is not easy to find a psychiatrist. Waiting lists for Australian psychiatrists are almost 3-6 months old. To skip this, I had to drive 4 hours and pay almost 600 dollars out of pocket.

They found my psychiatric letter unacceptable, since I had not spoken to this professional for over a year. This was completely and entirely unmentioned in the email, and was quite annoying to me. They did seem like they had a work around if needed, but I just got a letter from my old psychologist to complete this requirement. They also seemed relatively lenient to me, since they likely do not have as rigorous requirements for international surgeries and intersex individuals.

The surgery payment was to be completed in under 10 days, which was not easy. Honestly, they didn't confirm it being received for almost 2 weeks, so I doubt they are rigorous with this. They also didn't even send me the info to pay them until a week after it was due. Lol.

Travel and Accomodation:
In terms of the flight, there was about 30 hours of travel time (in air) and 40 hours total to go to Brazil, and about 34 hours of travel time total to return to Australia. There are better flights than this. I suggest you do that instead, but I was trying to conserve money given the last minute nature of this flight. It was expensive.

For accommodation, you are asked to arrive in Rio 5 days before surgery. This was fine for me, I wanted to meet up with a friend anyway, who very kindly took care of me during my recovery. **You will not be allowed to undergo surgery without someone there to take care of you.** This is basically not negotiable. I got a hotel 5 days before, and for 29 days after dismissal from the hospital. You will note there is a maximum number of days in a hotel (29). Also, Littleton requests up to 45 days for long travel like mine. You will notice I have planned for 37 days rather than 45, and this was largely due to financial limitations and a desire to return to my studies. It was manageable, he was talking about getting a flexible ticket in case of emergencies though and I believe this is probably a good move.

Preparation and packing:
The dilators you have to buy cost me almost $400 since I had to get them from Germany and import them through a redirecting service.

Didn't buy a donut pillow. Not worth travelling with except maybe for the flight back, though honestly I made do. It was the only time I sat down, otherwise I was lying down (I will obviously discuss this later). I loved using it when doing my uni work on the way home however. My bag was basically 99% vitamins and other supplements, dilators, clothes and some skin/hair care. Packed my 3DS, it was fun on the flight.

Preoperative period:
Before surgery for two days, you are expected to get a clear liquid diet (i.e if surgery is on day 0, you are expected to go on clear liquid by day -2). I went liquid on day -3, and clear by day -2, since I have had a significant eating disorder, and there are known issues with colonoscopy/bowel prep for people with eating disorders. I decided to stay on the safe side with bowel prep. I had my pre-operative consultation with Littleton. Honestly a bit of a nothing burger, but it was nice to see the guy. He's a bit autistic.

I also had to pay the hospital with my card. Not great to see the charge on my bank account.

The laxative fucking sucked. Tasted like shit. I tried the two flavours (lemon, flavourless) and I recommend the flavourless one. Both taste like salt water since they contain a fuck tonne of salt. The enema also fucking sucked. Not much more to it than that.

There was a lot of elaborate preoperative prep I had to do additionally since I was intersex. This will not apply to you (I assume) but it was relatively painful and Littleton said pain medication was not to be used. This is important to keep in mind, it's a very important trend because to be frank, Littleton's pain med policy is not great.

Surgical dates:
I will follow Littleton's nomenclature, which is "day of surgery = day 0". This is really fucking annoying and led to me being confused early in recovery, but was otherwise ok. Don't trust when they say littleton will come in, he is extremely inconsistent.

Day 0
Not much to do here besides be very anxious. Don't cancel your surgery because you're scared or freaking out. You go in at 8am. They will be late. You are out for many hours (for me it was about 9, I think littleton's standard is 6?). Woke up high as a kite with a catheter up my urethra. 0 pain. You are not allowed to eat anything or drink anything. I did get a small mouthful of water permitted to me. I felt hungry as hell.

Day 1
A lot more lucid. Bored but way way way too tired. Was allowed to have one popsicle ice cream thing. One of these

But way grosser since it was in a hospital. I didn't use my 3DS or my switch, I was too tired. This will be a trend throughout the surgery, I had to lie down for the entire thing and until I left hospital I was exhausted.

Importantly, I have a catheter and a blood drain in. The catheter will not be removed for a while

Day 2
2 popsicles.

Littleton removed a stitch and it hurt like hell. It was quite painful, “try not to scream, it's distracting” was his preemptive statement. Excellent surgical skills, but he has a fairly poor bedside manner.

Had an extremely severe bleed at night, technically at the very start of day 3. Painful and scary, Littleton called in at about 3am and he eventually stopped the flow of blood. I got to have my bedsheets changed despite there being no change until day 5.

Day 3
3 popsicles

Nothing of note

Day 4
3 popsicles and a cup of really shitty soup

Day 5
3 popsicles and 2 cups of really shitty soup

They removed the blood drain. Moderately painful, again it would be easier with some reassurance.

Day 6
3 popsicles and 4 cups of shitty soup

The first time you get to stand. This is now where one of the most difficult parts of surgery was for me. I have POTS. Experienced fairly intense deconditioning. You will be meant to stand for 2 minutes today and go very slowly. The movement is elaborate and will be explained to you later. I passed out in under 20 seconds, and was not permitted to stand up again. IT IS NORMAL TO FEEL DIZZY ON THE FIRST DAY, MOST PEOPLE WILL FAIL TO STAND FOR A LONG TIME.

Day 7
Lightly mashed food and 3 popsicles.

This is where I fail, severely. Most people will make it about 5 minutes today and be able to waddle. However slowly you can imagine you need to walk, I promise you it’s slower. Worse than most elderly individuals to be frank. I didn’t get to know how slow it was today though, since I passed out in under 2 minutes! Great time

Day 8
From here, most of the food is mashed. I'll review the food at the end.

They will dismiss you in the morning today if you can walk for 20 minutes and shower. Neither of those got to happen, I couldn't even make it 3 minutes. Had a kitkat and cried (kitkat was not allowed, friend snuck it in for me).

Day 9
Some important information that littleton totally neglects to inform you of: about 10-15% of patients will need this extra day to be able to stand. Of the 10-15%, 95% will leave on day 9, then about 4% day 10. It would have been nice to know this.

Made basically 0 progress but could not still nearly approach the 20 minute threshold. Instead of doing 3 attempts once a day, we spaced the attempts here. I felt absolutely awful here, and a friend who came to visit me I couldn't see till I left the hospital. Also smelled terrible.

Day 10
Finally started seeing some progress, made it about 5-10 minutes by this point. Didn't get to leave which puts me in the 1% of the 10%.

Day 11
They gave me blood flow meds, got to leave the hospital and shower. It was also nice to wear clothes. It's not a great experience but it was ok. Having real food was also awesome. Getting to the hotel was inconvenient and also worsened by the fact BRICS was on.

General comment
Foodwise, the hospital is extremely mediocre. Hospital food. My friend did go and offer some of the food to a homeless guy and he said no. Pretty crazy. Littleton is also not very gentle in general. He is not rough, but as a relatively (physically) sensitive person there was a lot of wincing at his touch. He is very routine about what he does, and as a consequence of that he does it at maximum efficiency and the maximal force that does not cause damage. You will need to wear diapers on the hospital bed to stop it bleeding everywhere. They're not wrapped around you, they're just on the bed. You generally are suggested to leave it for like 30 days, and reuse them. It's a bit weird and gross but it works out for me, I did switch to pads once I was actually leaving my hotel room

Day 12
Had decent issues getting up to the hotel food. You are allowed to leave your bed 3x a day. I had to go to the bathroom and bled a bit. IMPORTANTLY, you still have a catheter till day 21. Not a great feeling. I almost fainted in the shower. Not much details until my first postop. I started playing stuff on my switch as opposed to doomscrolling, which was a huge upgrade.

Day 14

I took an uber to the hospital. It hurt a decent bit. Not much at this preop besides an inspection (most people have left hospital 3 days earlier). We upgraded from “leave the bed as little as possible” to “3 times a day for 20 minutes”.

Day 21

Major timeskip because I literally did nothing. My POTS returned to a little worse than its baseline. It didn’t go entirely normal until I was back in Australia for a week or so, and this is going to be my last mention of it. I stopped getting dizzy in any context except outside the shower. He removed my catheter which was lovely, actually heavenly. Going back to peeing as normal was very nice, though honestly there are times I thought I would pee myself because I had forgotten that I needed to go to the bathroom. An important note here is that you are meant to be able to “pee around” the catheter. Almost 100% sure mine was too big (I have a small urethra) and I could not pee around it. I had to adjust the catheter myself, which is fine since I have a medical background. Not the worst pain I’ve been through though there were instances of it shifting and the friction really fucking hurting. He did check my canal by putting his finger in, which he did very roughly and painfully. Bled a decent bit. Was allowed to be 2 hours out of bed 2 hours in bed. I explored some of Rio with my friend.

Day 24

I went outside to a restaurant with my friend, who was leaving on day 28. It was really nice and I had fun. I felt a lot less miserable though I had to sit like a bit of a cunt.

Day 28

My friend left and I had a postop. I was very bummed and cried a decent bit. My consultation (Which was scheduled for 6pm at night, not a great time) got cancelled as I had already called the uber and moved to the next day. It was upsetting but manageable.

Day 29

I did the consult, and was given dilation as a chore. Littleton’s dilations for the first 3 months are relatively structured and I will explain them now:

Each dilator is inserted for 3 minutes, and then removed for 1. You repeat this process 10 times. There are 6 dilators to move through, you will do 10 of the smallest on the first day, then 9 of the smallest and 1 of the size up on day 2, then you repeat it over and over as you cycle up sizes. At the start (first two sizes) it was moderate and not extremely painful. The dilation littleton helps you with at the start sucks a lot, because he is so very quick. You will bleed a lot during dilation until you are at the maximum size 10x for a while. This hurts quite a bit. You are not given any painkillers which I find quite evil.

Very importantly, my experiences with dilation are significantly different due to my preoperative genitalia. I will not be discussing in what manner, but this has likely contributed to how intensely painful it was in later stages.

Day 34
I left my hotel. I had to sit in the airport lobby for about 10 hours. I'd recommend doing something to avoid this, it kinda sucked. Notice I go about 50 hours without dilating. The dilating when I got home kinda sucked but was manageable. The flight isn't great either but you can make do.

From here, information will be sparse.

Day 42
I returned to my university here. Not great honestly, I highly recommend waiting up to 60 days, but I was highly focused on not losing education. Not much harm to me, though it might not be ideal for scarring (I plan to do minor scar revision anyway, so I don't care). My scars are positioned slightly differently to the standard I have seen on reddit. It hurts to sit still and is not really ideal.

Day 50
My first postop. To this point, I am about to start my third size. Not insane pain but I bought it up. Postop wasn't very notable at all, we scheduled it for about a month from now.

Day 56
Starting a new size, it is deeply, deeply agonising. Essentially pass out from the pain as opposed to the worst that had already happened (vomiting). I decided to ignore Littleton, got some painkillers from my doctor, and the experience became way more manageable.

Day ?? (Somewhere between 65 and 75)
I was meant to try the last size, but I stalled a bit. It took me about 5 days to eventually move up because of the fear of the pain. Went well eventually

Day 83
Get a random call from Littleton at 7pm, with no email or info to back it up. I was driving, so I did not pick up, and then 3 days later they emailed me asking for postop call about a week later

Day 92
Dilation went from 3 minute insertions to 5 minute ones. Annoyingly, they asked for photos to be sent over email with no form of safe sending, which sucked. Other than that nothing much happened.

Final
That's basically all of the notable info I have on this process that I believe will be relevant for any unspecific case. I hope that this can inform your decision, and feel free to reply to the reddit thread to ask any questions.